THE MENTAL-MAGIC SERIES
TEACH YOURSELF
REMOTE VIEWING
From the AUSTRALIAN MINDPOWER RESEARCH FOUNDATION
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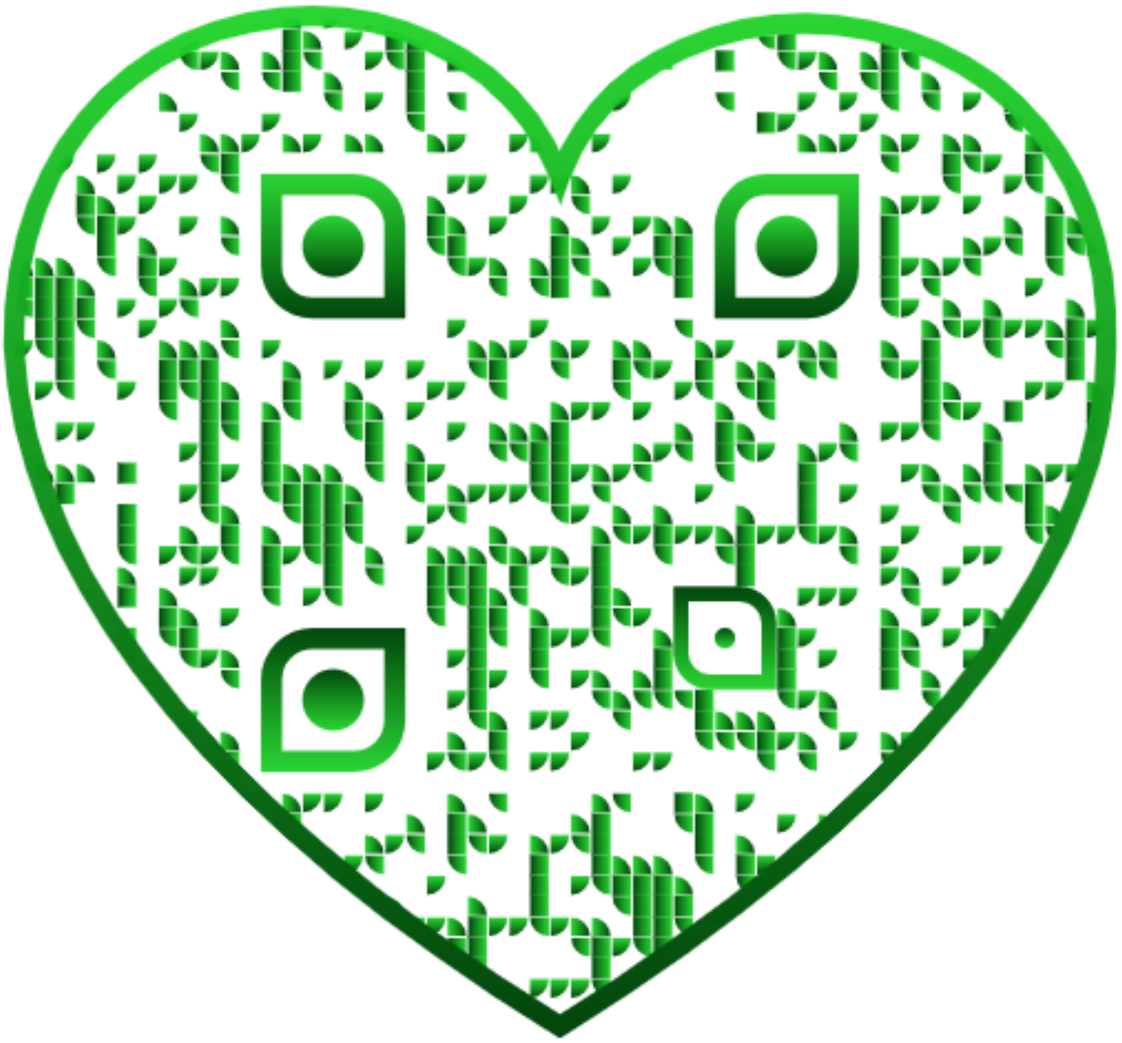

TEACH YOURSELF REMOTE VIEWING

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Website - http://www.mindtech.com.vu

The following is the method I used to learn the Remote Viewing process.

If you're prepared to put in a small amount of time each day you are likely to achieve some stunning and spectacular results. I did!!

The term Remote Viewing is used to describe the ability of a person to access distant information in the past, present or future by using advanced intuitional processes.
The United States Military originally evolved the methodology after they suspected the Russians were using this process to access secret information. Research on the subject was carried out by such prestigious institutions as Stanford Research Institute plus others. Even the famous Princeton University became involved.
This was all a secret research effort but eventually the public became aware of the process and small groups started to experiment. Eventually the Remote Viewing process ended up in two camps.... the military process which requires an "attended" to lead the viewer through the process to the correct target (similar to a hypnotist and the subject) and the alternative which was basically a free-form method. This was where the viewer could access the target without any attendant help. This free-from protocol appears to be the method which has become the most popular and is taught in a number of RV schools throughout the world.

I have been on both courses and the military method produced quite excellent results but the free-form method produced the most satisfying outcome as I was doing it all myself.

I cover the background to RVing in my book "Beyond Belief:The Ultimate Mindpower Manual" (available on Amazon) so there is no necessity to repeat it all here.

This small booklet covers the free-form process in simple and easy terms so that you can learn the basic method in the comfort of your own home.

I am basically describing the way I learnt it.

You might be astounded at your initial success as “beginners luck” seems to play an important part in RV training. Most individuals appear to experience considerable success during their first few experiments. Also there are a number of sites on the internet devoted to supplying RV “Targets” that you can practice on.
Once again if you are serious about leaning this intuitional concept you will need to continually practice until you have developed the basic process until it becomes of some practical use.
Many large corporations use Remote Viewing as an added tool.....perhaps to confirm what they already suspect. I would doubt whether they would rely on it as a stand-alone source of information but it sometimes steers them in the right direction when important decisions are to be made.

Remote Viewing appears to be a dormant ability which every person has but which they have never had any reason to use. Some minor races use it regularly to the point where they can rely on it, such as the Australian Aboriginals. If a senior tribal elder dies in his village all the villages within hundreds of miles know about it instantly and start their long trek to the funeral. This has always been a total puzzle to the European population but is really just advanced intuition. The 6th sense in some of these less developed races is quite exceptional.
To develop this ability the Europeans have to learn this Remote Viewing process. Some individuals are absolutely natural and achieve worthwhile results immediately while others never get positive results. This seems to depend on the individual’s inherent belief system. If you believe this process is possible then you are likely to succeed. But if you believe it is a load of rubbish then you will be wasting your time experimenting.
Just bear in mind....the US Military believed it! So did the American Congress when they started the ball rolling and arranged funding for the initial experiments.

STAGE 1

HOW TO LEARN IT

After you read through this publication and are ready to start, the first thing to do is to place yourself into a comfortable position (I do it lying down) and totally relax. It is of tremendous advantage if you can drop to the state of Alpha and practice at this level. Alpha is very easy to access and is the state we normally drop to when daydreaming. In actual fact you want to be in an active daydream state. When you daydream it is sometimes very realistic with colours and sounds impinging upon your awareness. All you will do here is to redirect your mind to the specific target you wish to access and hope for similar "daydream" results.
You are basically controlling a daydream to encompass your specific target. The very first time you access a target in this manner you will probably be quite stunned.
Everyone is!!

Make sure you are free from distractions and your body is totally comfortable.
Focus on your breathing and each time you breathe out say to yourself.... *"I am relaxing more and more."*
After a little while you will notice your breathing slowing down and your heart rate slowing.
This is the sign that you are ready to start.

At this point you can start some mental visualization exercises which are designed to open your mind.
Later on I'll explain the actual physical practical methods which will teach you the process.

The first thing to try is your sense of taste in this relaxed daydream state. This is usually the easiest exercise for beginners.
Visualise on your mental screen (in your mind's eye) an orange. See yourself cutting a piece off and placing it in your mouth. Mentally visualize the nice sweet taste. You might even notice yourself salivating as often the mind cannot tell the difference between reality and the dream state.

Next picture a lemon in your mind. See yourself cutting a piece off and placing it in your mouth. Notice the acidic tart taste. You might even notice your lips puckering up a little.
Run these two exercises through continually until you appear to be achieving results.

After you are happy with your progress on the above exercise the next thing to visualize is the sense of touch.
Picture a pet cat and feel your fingers running over its soft fur. Feel how smooth it is.
Next picture running your fingers over a rough piece of sandpaper. Feel how abrasive it is.
Next picture your hand holding some ice cubes. Feel how cold they are.
Lastly picture putting your hand in water that is very hot. This is very uncomfortable and you jerk your hand away quite quickly.
These childish exercises open up your mind to the intuitional processes.
On one of the RV courses I went on (more about this later) the instructor had us moulding various shapes out of a plasticine like substance. It was "back to childhood" for a morning of these basic intuition-inducing exercises.

The next exercise involves the sense of hearing.
Mentally picture a large truck driving past with its air horn blaring.
Then picture a dog barking.
Then a large aircraft flying low over your house.
And finally picture a baby crying and annoying you.
Practice these until you start to get results. It is actually very easy to "daydream" sounds but you want to reach the point where they all sound quite realistic.
The final exercise involves the sense of sight. Firstly picture a circle then convert that circle into a round ball. See the ball bouncing on the ground.
Then see if you can add colour to this ball.....maybe blue or red.
Then see if you can picture several of these coloured balls bouncing around.
Keep practicing this exercise until you are happy with the results.

These mental exercises are designed to open your mind to the possibilities of controlled daydreaming which is what RVing is all about. If you practice

them once a day for 3-4 days you will probably start to notice encouraging results.

The next stage is to do some physical practice on inert stationary targets to expand your inner senses even more.

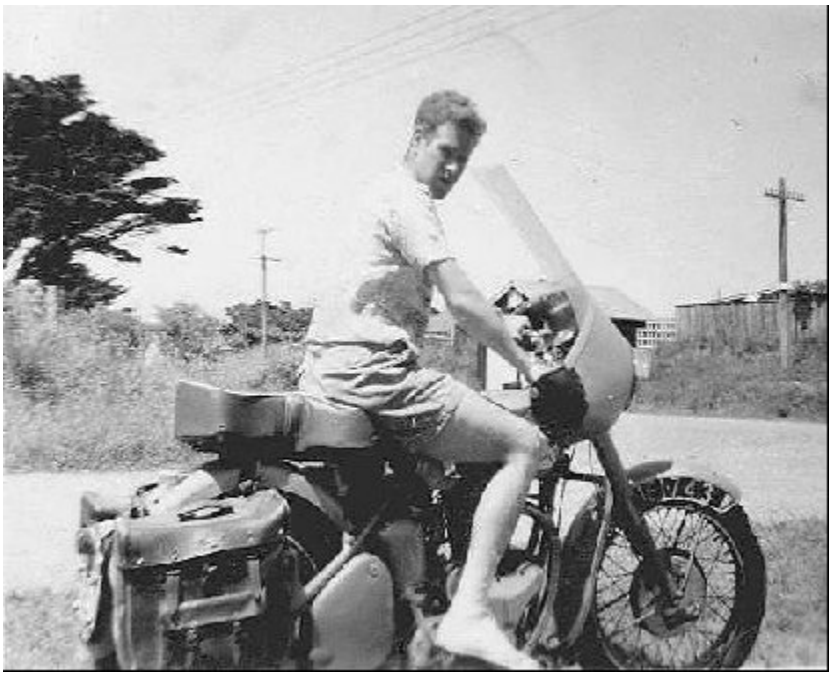
STAGE 2

Using physical objects for RV practice.

One of the most effective methods of learning is to collect a pack of 20 different pictures, perhaps cut out of magazines or downloaded from the internet. These should be "stand alone" pictures of things like a car, a waterfall, a tree, etc.
You place these pictures in 20 separate envelopes and shuffle them. The size of the image doesn't matter but it is usually more convenient to use smaller ones, perhaps half postcard size.
Then when you are lying down in your daydream state select a picture from the pack at random and hold it in your hand. Try to visualize what image is depicted in the picture. It is sealed up in an envelope so you have no idea which picture it is. You have one chance in twenty of "guessing" it correctly.
Give it a minute or two to see if an image forms in your mind. When it does open the envelope and check for accuracy.
The first time you try you might get one right out of twenty but after some practice you might find that you are getting five or more correct.
Professional RVers are likely to get ten to fifteen correct. If you reach this stage then you are doing extremely well.

You have to be careful of the pictures you select.

I've shown two below. Take a look at the first one and I'll explain the problems with it -



This is a shot of a motorcycle. Plus a tree on the left..... plus a person sitting on it..... plus a telegraph pole on the upper right. If you wanted to RV it your mind would not know which of the four objects to settle on! Of course if you were a fully qualified and experienced RVer then you would probably receive the entire image without confusion.
The idea is that when you are learning the process keep your pictures simple and unconfused.

Now take a look at the picture below –

This is a straight shot of a motorcycle. It is the only object in the picture so your mind should be able to latch on to it without confusion.

So it is vitally important when you select your 20 pics to have stand-alone objects with no confusing background.
Below is an example of a standard waterfall pic. This is quite an acceptable image for RVing as the waterfall is clearly the main feature as it is a bright white image against a dark background.

So when you are selecting your 20 pics be careful about the background. You need the main object fully featured without any confusing images of trees on the side or identifiable background.

Another simple exercise is to pick up a ball point pen and hold it in your hand.
Imagine throwing your mind inside this pen. Try this for a few minutes. You might suddenly notice that you feel a terrible taste in your mouth. This is *you* tasting the ink inside the pen.
You can pick a leaf off a tree and hold it in your hand while trying to throw your mind inside it. Once again you might notice a horrible taste. This is the chlorophyll in the leaf.
I have had a lot of success teaching my students the above two simple exercises. In fact I use it as a starter when I have a group of students. Almost always one or two of them get a bad-taste reaction which certainly encourages the rest of the group.

Another simple exercise is to attempt to see what is on the front page of tomorrow's newspaper. Sometimes you will pick up the image of a photo and occasionally you might pick up a headline.

A neat little trick I developed involved mentally "reading" the time on my bedside clock just after I woke up and before I rolled over and looked at it. I placed the clock at the rear of my bedside dresser so I couldn't easily see it. Then when I first woke up I would try and picture the time showing on it. After a couple of months I found I was getting this correct around 50% of the time. So if I received the mental image of 5.55am I was not surprised to see that the clock face showed 5.55am. I always found this very impressive and realized that I was actually getting somewhere with my RV training. I regarded it as a measure of my progress.

Another RV exercise I use to practice regularly when I was driving along fairly quiet roads was to try and predict the colour of the next vehicle that came into view. This filled in otherwise useless time and gave me some valuable practice. Once again I ended up getting around 50% correct which, considering the number of different paint colours on vehicles was way better then the laws of chance. This type of result gives you encouragement and helps your belief system along.

Now that you've become familiar with these basic mind-opening practices it is time to go a stage further. It is time to actually select a remote target.

Relax your body to a trance-like state and picture one of your favourite spots. In my case it was an isolated part of a beach in Queensland which I found highly relaxing. I would cast my mind to this spot and hold the image. Quite often I would suddenly notice the tall grass swaying in the wind and become aware of the ocean noises. On a few occasions I suddenly noticed the warm sand on my feet and it was almost as if I had been transplanted there.
I practised this exercise for months and in the end could almost always access this transplant feeling. I found it very unreal and after I came out of my relaxed state and stood up I felt peaceful and happy. It was almost as if I had experienced a "mini" holiday.

You can try projecting your mind into these simple situations to start with then you can start projecting into more obscure situations that you are not currently familiar with. As an example I had a girlfriend at one point driving down from upper Queensland (Australia) to Brisbane which was

about a 3 day drive. I would attempt to RV her travels and at one point picked up heavy rain and very slow travel. When she rang me that night she said that she had been slowed down by wet road conditions as the rain was very heavy. The next day I gained the RV impression that she had left the sealed highway as I detected gravel roads and slow driving conditions. Once again she rang that night (this was before mobile phones became popular) and said she had detoured to catch up to an old girlfriend who lived on a farm 10 miles off the main highway.
I was seriously impressed with myself!

The trick here is to tell your mind exactly what you want to access.
So you say to yourself..... *"I want to visit (name the destination)."*
You repeat this several times so that your mind gets the message.
You might receive fragmented images for a while until they coalesce into a firmer picture.
You will only achieve this with constant practice though.
Do not try to force the image to appear..... simply let it happen.
Some individuals will get instant image impressions while others (like myself in the beginning) have to persevere to achieve results. But once your mind accepts the process it becomes much easier. Your mind is not used to being treated like this and your subconscious will initially throw up objections.

The whole process revolves around actively daydreaming while in a relaxed state.
Then you direct your consciousness to a chosen target.
This is the secret to learning RVing.

STAGE 3 – Real-time Remote Viewing

One of the first exercises you can try for real-time RVing is the "Outbounder" procedure which will give you real experience. You will need a friend to help you with this.

OUTBOUNDING

This "Outbounder" process often produces spectacular results.

This is where a class of RV trainees select one of their members who is given a pad and pen and asked to spend 30 minutes walking around the neighbourhood. This member will stop occasionally and focus intently on some item that is somewhat different, such as a unique house which looks different from the nearby ones. Or it might be an expensive looking car parked in the street. Each time they stop and focus they make a note on their pad describing, in detail, what they are looking at and also write down the exact time on their watch.
When they arrive back at the training centre the other students (who have been following the progress while in a relaxed state) are asked to give their impression. Likewise these students have been writing their impressions down on a pad. It is sometimes quite startling to find that these "house-bound" students pick most of the RV points correctly and can roughly describe what the Outbounder was looking at. Some of them even identify the correct time.
Sometimes it is only a vague impression with only some aspects of the picture correct while at other times one of the students receives a clear picture and can describe the scene fairly precisely.
If you wish to experiment with this method you will need the help of a friend.

ASSOCIATIVE REMOTE VIEWING

This is actually one of the easiest forms of RVing to learn.
In fact you often need no practice at all.
Here you associate a physical object with a future event.
I use this occasionally when I am attempting to pick stocks for my share portfolio.
I have 3 "mental" objects that I use.

A full champagne glass standing upright
An empty champagne glass lying on its side
A standard red brick (as used in building houses)

The first thing I do is make myself comfortable and relax then start thinking about the particular share I am holding. Let's say it's a BHP mineral share. I am worried that it is ready to drop in price which would lose me money.

I say to myself ..... *"If this share is going to rise in price over the next few days I will picture a full champagne glass."*
Then I say..... *"If it is going to remain static in price I will picture a champagne glass lying on its side."*
Finally I tell my mind..... *"If this share is suddenly going to drop in price I will picture a brick."*

I then relax quietly for several minutes waiting for a picture to appear in my mind. Occasionally nothing appears but usually I receive some sort of impression. Very occasionally I receive a very strong picture and this almost always proves to be correct.
On one occasion I was RVing RIO shares and I received the impression of a very solid red brick in the form of a powerful image. I immediately rang my broker and instructed him to sell my RIO shares before the market closed that day.
I was not at all surprised to wake up the next morning to find that the share had dropped dramatically in the USA overnight and when the market opened that morning at 10am in Australia the share had lost about around $2. But better still I also had RIO options and had also instructed my broker to buy some RIO Puts so when the share went down suddenly I made a profit. In fact I made around $3000 out of that option position, thanks to the Associated Remote Viewing.

Several of my students used this process to try and pick and winning racehorse in the races to be held the next day.
They would select one single horse (Let's call it Blackjack) and ask their mind ..... *"If Blackjack is going to win tomorrow show me a full champagne glass. If it is not going to win show me a brick."*
They only needed to use 2 of the 3 images for this experiment.
They generally attempted to RV 3-4 horses one after the other but I never did hear what the results were.

You can use this Associated RVing for almost any situation you can think of.
If you want to know what is likely to happen in the near future with regard to a particular problem, associate the 3 pictures with an end result. Then just

relax and see what pops into your mind. You can practice this on a daily basis until your results become more accurate.
For example if you wanted to know whether your boss was going to promote you in an upcoming staff shuffle you could use the 3 pictures and see if you received a strong impression. You might be surprised to find that your picture result was fairly accurate as you have a significant emotional component involved.
When there is a degree of emotion involved RVing appears to work more accurately.
You can also practice this method by trying to predict the weather tomorrow. You would use the 3 pictures to ascertain whether it was going to rain or not.
I found that this weather prediction made an interesting daily practice and usually took up less than 10 minutes of my time. It provided a useful real-life result also.
I would ask myself..... "*Is the weather going to be fine and sunny tomorrow? If so give me an image of a full champagne glass. If it is going to be the same as today give me an image of a glass lying on its side. If it is going to rain and be miserable give me an image of a brick."*
Initially the images were rather vague and seemed to appear at the edge of my mental screen. I pictured a blank movie screen all lit up waiting for the movie to start. Bits and pieces of an image would appear but after some practice I could watch an image form.
It took a while for the process to work but in the finish I was getting better than 70% accuracy.
After a while I switched to a simpler form. I assembled a couple of coloured pictures of traffic lights...one showed red lights and the other green. I would then ask my mind my RV question and tell it to give me red lights for a positive answer and green lights for a negative answer.
Beginners might find this difficult initially as it is sometimes hard to gain a clear image of the actual colour of the lights. They receive an image of the lights reasonably clearly but not always the colours.

Advanced coordinate RVing

A strange thing happened during the early RV experiments in the USA which absolutely changed everything. The Tasker (the person leading the viewer through the exercise) gave the viewer a set of latitude and longitude coordinates and asked him to picture what was at that exact position.
Now this wasn't a very satisfactory method of identifying a target as the viewer might have been an aviator and recognised the coordinates. On this one particular occasion the Tasker got the Lat and Long coordinates tangled up and gave the viewer a totally incorrect set of numbers. To his absolute amazement the viewer correctly identified the target. This experiment was repeated a number of times and the viewer usually got the right answer. The Tasker then replaced the Lat and Long coordinates with a random set of 6 numbers which only he knew what they related to.
Once again to everyone's shocked surprise the viewer generally got the right answers. It was clear that the viewer was identifying the target directly from the Tasker's mind.
This process was evolved to the point where this is the standard procedure these days.
So if somebody wants me to RV a situation or item I ask for a set of numbers.

Here is an actual example:
I received a phone call from a person who said they had lost an item and wanted me to tell them where it was. Before they had a chance to describe this item I stopped them and told them to write down on a piece of paper 6 random single numbers and alongside these numbers a name and simple description of the item. The person did this and read me out the numbers which I wrote down. Later that day I tasked myself to identify this item in my usual light trance state. I got the impression of a round shiny ring. At that point I proceeded no further and stood up and rang the person. I asked if indeed the lost item was a round shiny ring-like object. He told me that I was exactly correct and I promised to ring back with further information later. I then accessed my light trance state again and fed the 6 numbers into my mind, asking for a picture of the object and its surroundings. Before long I gained a clear mental picture of the object lying in a dark place behind what looked like a small bedside table with a clock on it. It seemed to be hidden behind a vertical wooden structure which I assumed was a

table leg. I then rang the owner and suggested he look behind a bedside table and then ring me back.
Well, I received an overjoyed phone call several minutes later to say that he had indeed found it. He thinks it must have been knocked off the table accidently.

So once you get the "hang" of the RV process you might like to ask a friend to select several pictures and attach a 6 digit number to each one. Then they merely give you the groups of numbers. After you have finished you ask your friend how accurate you were. The more you practice at this the more accurate you will become.
Which brings me to an important point:
You will probably progress rapidly for a while then your progress will appear to stop and possibly slide backwards a little. Then before long you start to progress again. This may happen several times so don't be discouraged as all beginners appear to suffer from the same situation.
The whole coordinate process is like a highly efficient universal telephone exchange. You mentally *dial the number* and get connected.

REMOTE VIEWING LOTTO NUMBERS

This is an extremely difficult thing to do and I haven't heard of too many successes.
The viewers might fluke a couple of wins initially then they have no further positive results.
But there is one way you can improve your chances of winning by a vast percentage.
The method here is to divide the numbers (in Australia we have 45 numbers) into two groups.
One group contains all the odd numbers like 3,5,7,9, etc.
The other group contains all the even numbers like 2,4,6,8, etc.
You then use one of the associated processes above to answer the question..... *"Will most of the winning numbers be odd numbers?"*
If the answer is YES then make sure all your lotto tickets contain only odd numbers.

If the answer is NO then make sure your tickets contain only even numbers. If you do the mathematics you will find that your chances of winning in a smaller group of 22-25 numbers is literally thousands of times higher than trying to select 6 numbers correct out of 45 numbers. I am referring to the Australian lotto system here but this theory applies to all lotto's anywhere in the world.
Occasionally all 6 winning numbers are either all odds or all evens which enhances your winning chances even further. On many occasions I have noticed that there are 4 or 5 numbers that are either all odds or all evens. I would estimate that at least 30% of lotto numbers drawn in Australia are predominantly odds or evens.
All you are doing here is increasing your chance of capturing a prize.
Of course if you play the larger ticket entries such as 12 numbers or even 15 numbers you are much more likely to scoop prizes as you are playing from a pool of only 22-25 numbers overall.

A SIMPLE EXERCISE YOU CAN PRACTICE ANYWHERE AND ANYTIME

This involves an ordinary pack of playing cards.
Shuffle the pack and place it in front of you.
Place your hand on top of it and ask yourself ..... *"What are the predominant colours of this top card?"*
Once you achieve a degree of success with this you can then ask..... *"What are the predominant shapes on this top card?"*
You will be trying to receive a mental image of colours then shapes.
Initially you might have to spend a minute or so testing each card but after a while you might receive a snap impression. This could work out to be extremely handy if you are a regular card player particularly if you are able to predict the colour and shapes without actually touching the cards!

REAL LIFE SITUATIONS

Let us suppose that you have achieved a degree of success and have successfully RVed a number of your practice situations successfully. You are sitting at home peacefully one afternoon when a neighbour rushes over

and tells you that her little boy did not come home on the school bus and this mother is obviously seriously worried. She has already contacted the school and the teacher advised her that he saw her child standing waiting at the bus stop with the other children. The mother asks if you can Remote View the situation. You tell her you will try and phone her as soon as possible. So you relax and enter your meditation state and ask your mind to give you a picture of this child's whereabouts. Very shortly an image appears where you see a pair of "happy" feet walking along. From this you gather that the child has decided to walk home instead of catching the bus. You also gain the impression of a large spire-like building in the vicinity and you phone the mother and tell her what you saw. She immediately contacts the police (who are already aware of the situation) and tells them that she thinks the child is walking home and mentions the spire-like building. The police sent a radio message to their cars in the vicinity and one of the cars radioed back and says that there is a tall church on that route with a large spire. Several minutes later this car reports that they have found the child on the main road near this church. This information is relayed rapidly to the mother and shortly the police car arrives at her house with the child inside. The police asked how she knew the child was walking near the church and she mentions that a local Remote Viewer told her. She receives a very strange look from the police officer and after he has lectured the child on never walking home again he departs.

(The above was one of the earlier RV's that I did. The mother was eternally grateful.)

ANOTHER REAL LIFE EVENT

I was sitting quietly in my office one afternoon when an interstate investigator rang and asked me to look at a situation of a young woman missing on a highway after her car broke down. This caller was ringing from interstate about 500 miles away. He gave me basic information only and left his phone number. I decided to do an RV then and there as this was possibly an urgent situation. I gained the impression of a large truck, a shovel, a long hedge and a high degree of terror. I also gained an impression of a large male person being interviewed by police on a cement footpath alongside what looked like a motel.

I rang this investigator back and relayed this information. He said they were aware of the hedge but unfortunately it was 2 miles long and confirmed that they had interviewed a "person of interest" at a motel further up the highway. I attempted to RV the matter for final detail but was unable to gain any further impressions. I have no idea what the outcome was as nobody ever told me. But the point is the RVing was fairly accurate which made me feel quite good about the process. I sincerely hope they caught this character!

One of the more interesting RV's I did during my training in Las Vegas many years ago involved a target where very little information was supplied. I was given basic detail only. I relaxed into my meditation state and immediately felt a rocking motion. I gained the impression that I was on a boat. I recall saying to my instructor..... *"Yoi....I'm on a boat."*
The instructor made no comment. Next I "saw" a large figurine stretching up into the sky and mentioned this to the instructor. The response was .... "*Turn around and face the other way."*
(That figurine turned out to be the Statue of Liberty.) I then received an image of two substantial buildings with a smaller one in the vicinity with lots of lights on. The whole scenario appeared to be a night-time event. I was unable to identify things any further and woke up. The instructor said that the target was the World Trade Centre and I was fairly close to getting it correct. I guess what impressed me the most about this RV was the initial rocking motion which made the whole experience seem very real.

Another real-life event went as follows:

I was given basic information and asked to identify the target.
I dropped into my relaxed state and quite quickly identified a large stone structure (which turned out to be a well known landmark in the USA but I've forgotten what it was called) and at the same time gained an image of the entire surrounding area being covered with what looked like cactus plants. At that very point I started sneezing and for the next 15 minutes experienced one of the worst sinus attacks I have ever had. Apparently the pollen from the cactus "got me!" This was all very real to me and after I had identified what I had "seen" with a few extra details we concluded that I had RV'd the area 200 years in the past as the area had now been

developed and there were no longer any cactus plants. The instructor pointed out that when I did these advanced RV's I should clearly tell my mind whether I wanted to experience the past, present or future.

The trick is to tell your mind exactly what you want and let it do the rest. The more you practice the clearer the images will become, over time. However when an image starts to appear do not try and force it. Let it build by itself with you merely acting as an observer. If you try to intentionally fill in the gaps in the image you are most likely to end up with totally the wrong result. Just calm your mind and say ..... *"Give me the correct image of this target."*
Remember you are asking your mind to do something that it is inherently capable of....but
has never been asked to do before. In actual fact you will be "setting up" your mental process for future success.
Like most skills it is sometimes the slowest learners who eventually achieve the best results.

I had practiced RVing for a couple of years before I found an instructor who was giving 5 day free-style courses in Las Vegas. She was reputed to be one of the world's best instructors so I flew from Australia to the USA for this course.
It turned out to be one of the best moves I ever made. The instructional course was brilliant and seriously opened my mind to the potential of RVing.
We even did a "time regression" exercise where I found myself back about 2000 years in time walking near a large pyramid which appeared to be under construction. I was riding on a donkey with a woman walking behind me when suddenly the ground opened up below me and I came awake with a jerk and my heart thumping.
The experience seemed very real at the time and left me rather stunned as I began to realize the possibilities of the human mind. I gained the impression that in this regression exercise I was experiencing a "previous life."
I had a multitude of fascinating experiences during the course and will always recall it as one of the most interesting events in my life.
For those interested the RV instructor's name is Angela Thompson – website -http://www.mindwiseconsulting.com

FINAL NOTES

Remote Viewing is a fascinating aspect of our inherent mindpower abilities and the first time you successfully experience a Remote View you are likely to become "hooked."
There is something empowering and awesome about it.
You may experience a few initial successes then find for a little while that it just doesn't work. The answer here is to persevere and keep practicing.
I just about gave up on it in the early days but decided to keep to the practice schedule and I'm very glad I did. It tends to open your intuitional channels up and your intuition seems to work better from there on.
In fact if anyone asked how they could raise their intuition levels I would suggest they take up Remote Viewing.
Please remember that the whole process is a natural ability and I suspect that early mankind had full use of this facility. You are not really learning something new..... you are merely remembering what you have forgotten!

Keep at it.....and good luck!!

The author's other books are listed on his website –
- http://www.mindtech.com.vu

Most of them are non-fiction and deal with motivation, self-help and inspiration. They are all available on Kindle.